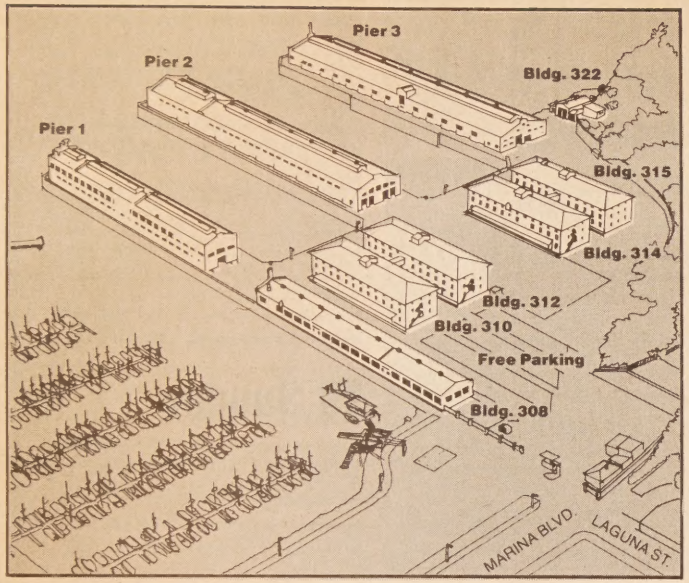

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Fort Mason Foundation office (441-5705)
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Notice to All Senior Citizens: Call (415) **931-3933** for **free transportation** in San Francisco. 3-day notice for individual rides; 1 month for group reservations.

Free Parking next to buildings.

Muni lines 22, 30 and 47 run to Fort Mason.

Fort Mason Center can make arrangements for the **handicapped** if notified in advance. Ramps and elevators are available. Call **441-5705.**

AM/FM Recycling in front of Pier 3: Bring glass with the tops removed, clean & flattened aluminum, and tin and untied newspapers. Do not bring phonebooks, magazines or cardboard. 2nd & 4th Saturdays of each month, 9 AM–2 PM. Volunteers welcome.

Directions

Directions to FORT MASON CENTER:
1) **Marin Co.** — After crossing Golden Gate Bridge, stay to the left and exit at end of freeway on Marina Blvd. Continue to entrance at Laguna.
2) **East Bay** — After crossing Bay Bridge, exit at Broadway, continuing on Broadway through tunnel to Laguna. Turn right on Laguna and continue to entrance at Marina Blvd.
3) **Peninsula** — Take Bayshore Blvd. to Franklin St. exit. Proceed north to Bay St. and turn left. Travel two blocks to Laguna and make a right turn. Continue to entrance at Marina Blvd.

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FortMasonCenter

for the arts, humanities, recreation, education and ecology

Where the Sidewalk Ends
(See 7/6)

July 1979

This monthly calendar is supported in part by a grant from **The San Francisco Foundation.**

INSIDE: Summer Festivals
Calendar of Events
Classes and Workshops
and more . . .

SUMMER FESTIVAL at Fort Mason

It's July, and it's festival time at Fort Mason. This month, the Fort Mason Foundation will host three distinctive outdoor festivals, offering unique entertainment for the entire family. Two of them are free. There's the Pickle Family Circus, Festival By the Bay, and for $2.00, the Tahiti Fete.

Don't let the gas shortage discourage you from having fun this summer. There's so much happening in Fort Mason, right here in town. The 22 and 47 Muni lines will bring you to Fort Mason and many lines come to the Aquatic Park. Summer in the city can be a fun-filled and inexpensive experience when you come to Fort Mason . . . and you don't have to drive hours to get here.

The Pickle Family Circus *

For the fifth consecutive year, the popular Pickle Family Circus will present free performances of juggling, acrobatics, music and theatre during the July Fourth weekend. This unique circus combines European and Chinese theatre traditions. The circus has become an integral part of the cultural life in the city and attracts large crowds in whatever community it performs. This year, the Pickles will present ten shows, featuring veteran S.F. Mime Trouper, Andrea Snow with the irrepressible Mr. Sniff. The PFC band will be bursting with original "circus Jazz" and the jugglers will keep 36 clubs in the air. Designed to appeal to all ages, the various acts call for plenty of audience participation. The Pickle Family Circus comes to Fort Mason's Pier 2, June 30 through July 4th. Show times are noon and 3 PM each day.

The S.F. Festival by the Bay*

American Fairs, Inc. will present the Festival by the Bay at Victorian Park and Aquatic Park, across the street from Ghirardelli Square on Saturday and Sunday, July 7 and 8. Aside from the array of pottery, scrimshaw, jewelry, fiber arts, lapidary and other crafts displayed for sale, the Festival has scheduled a unique fashion and talent show by the Barbizon School of Modeling. Dr. Winslow's Miracle Medicine will delight all with magic, ventriloquism and banjo music. Stilt-walker Bret Kuhne will strut above the crowd, and barbershop choruses of both men and women will be harmonizing in the true barbershop tradition.

Tahiti Fete '79

In the afternoon, walk back to Fort Mason, and discover the exciting Polynesian world of Tahiti Fete '79, presented by the Dancers of the Pacific and the GGNRA, also on July 7 and 8. This festival boasts picturesque dance competitions in various categories with brilliant costumes, singing and musical accompaniment. Featured will be ceremonial dances of Tahiti to the beats of the roaring *pahu* and *toere* drums. Enjoy the pageantry of Polynesian art and culture performed by Bay Area's finest artists. Admission is $2.00.

** Fort Mason Foundation and the GGNRA are co-sponsors of the event.*

Mr. Sniff (Geoff Hoyle) and Lorenzo Pickle (Larry Pisoni) in "Tuba Trunk."

Events at a glance

Environment and Recreation

National Wild & Scenic River System – Stanislaus River. See 7/3.

Herbs to Eat and Use in the Wild. See 7/11.

Adventure Playgrounds for the Handicapped. See 7/11.

Dollars for Solar – Tax Credit. See 7/12.

Benefit to Save Stanislaus River. See 7/17.

National Wild & Scenic River System – Tuolomne River. See 7/24.

Fund for Animals Open House. See 7/28.

Health and Body Awareness

Preventive Eye Care Seminar. See 7/5.

Lymphatic Massage and Health Seminar. See 7/15.

Homeopathy: Scientific Natural Health Practice. See 7/21.

Touch For Health For Beginners. See 7/22.

Fat Liberation Workshop. See 7/28.

Music

The Jazz Piano and Reeds. Art Lande and Bruce Williamson. See 7/1.

An Evening of Stravinsky. See 7/5.

Fred Frith Guitar Concert. See 7/7.

The Cornucopia Revue. See 7/8.

Plowshares: Iron Mountain String Band. See 7/8.

New Music for the Violin, Viola and Electric Violin. See 7/13.

Salon for the New Music Community. See 7/14.

Seniors Concert: Chuck Hamilton's Band. See 7/15.

Plowshares: An Evening with Woody Guthrie. See 7/15.

The Blues Piano: Mark Naftalin. See 7/15.

The Northbrae Trio. See 7/20.

Hal Hughes and Ron Heglin Concert. See 7/20.

The Harlem Stride Piano. Mike Lipskin. See 7/21.

Plowshares: Frankie Armstrong with Jan Hammarlund. See 7/22.

Bookings: How to Get Them. See 7/26.

Plowshares: Klezmorim. See 7/29.

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The Barbeque. See 7/1.

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Storyspace Summertime Surprise Night. See 7/12.

Open Workshop/Improvisational Theatre. See 7/21.

Suicide in B-flat. See 7/25.

An Evening with Golda Meir. See 7/26.

The Storyteller. See 7/28.

Dance

All Day Advance Jitterbug Workshop. See 7/7.

Visual Arts and Media

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SFMMA Rental Gallery: Paintings by Stephen French. See 7/3.

SFMMA Rental Gallery: Paintings by Irene Dogmatic and David Maxim. See 7/10.

Perception Gallery: Paintings by Elizabeth Cleveland. See 7/11.

Perception Gallery: Opening Celebration. See 7/14.

Perception Gallery: Clay workshop. See 7/21.

Media Alliance meeting. See 7/24.

Thank You!

The Fort Mason Foundation gratefully acknowledges grants received in May for operating expenses, building improvements, and program development:

$500 Pacific Telephone
$200 Title Insurance & Trust

We also wish to thank our foundation, corporate, and government donors who have given during the past year:

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and the **CETA Title VI Program** through a contract with the **San Francisco Mayor's Office of Employment & Training**

Of Special Interest

This month, the Fort Mason Foundation presents a series of three piano concerts of distinctly different styles which have evolved from the American Jazz tradition . . . jazz, rhythm and blues, and the harlem stride. For those jazz piano aficionados, it is a not-to-be-missed event. (see 7/1, 7/15 and 7/21)

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All activities in cooperation with the Golden Gate National Recreation Area.

FortMasonCenter

July 1979

Fort Mason Center for the arts, humanities, recreation, education, and ecology

Calendar of events

1 Sunday

Perception Gallery: **Group Show** by **Center for Learning in Retirement** (CLIRSIGHT) continues through 7/8. Wed.–Sat. 11–4:30 PM, Sun. 12–4:30 PM, Bldg. 312. 776-0347.

Jazz Piano Series: **The Jazz Piano and Reeds** with **Arte Lande** and **Bruce Williamson.** Lande on piano and Williamson on reeds are two of the finest jazz musicians in the Bay Area and have performed at the Berkeley Jazz Festival and the Great American Music Hall. 8 PM, Marina Music Hall, Bldg. 314, $3 or PAS voucher. 441-5705.

The Ensemble of Stanislavski Theatre Artists presents **The Crucible** by Arthur Miller. Directed by Phil Bennett, this historical play is on the Salem witch trials during the 17th century, containing contemporary parallels. Fri. & Sat. 8 PM, Sun. 7:30 PM, through 7/29, Marina Theatre, Bldg. 310, $3.50/$2.50 students & seniors or PAS voucher. 921-0508.

Magic Theatre continues with **The Barbeque,** a world premiere written by John Robinson, directed by Ted Shank. A family gathered for a barbeque confronts the forces isolating them from one another. Thurs.–Sun., 8:30 PM, Bldg. 314, $4. 885-9928.

IMPORTANT: The calendar/newsletter deadline is always the 1st working day of each month prior to the month in which the activity is scheduled (e.g., the deadline for the August calendar/newsletter is 12 noon, Monday, July 2).

3 Tuesday

National Wild & Scenic River System – Stanislaus River. Friends of the River discusses this preservation tool for protecting rivers, with slides on Stanislaus River. 7:30 PM, Bldg. 312, free. 771-0400.

SFMMA Rental Gallery: Paintings by **Stephen French,** through July 7. Tues.–Sat. 12–6 PM, Bldg. 308, 441-4777.

5 Thursday

Preventive Eye Care Seminar covering the prevention of nearsightedness, farsightedness and astigmatism by examining nutrition, biofeedback, visual hygiene and eye exercise techniques. Sponsored by Preventive Eye Care Center. 7:30–9:30 PM, Bldg. 312, free. 421-4545.

An Evening of Stravinsky. The San Francisco Chamber Ensemble performs 'Histoire du Soldat.' 8 PM, Marina Music Hall, Bldg. 314, $3.50 or PAS voucher. 383-2116.

The Barbeque, 8:30 PM. (see 7/1)

6 Friday

Theatre Unlimited, a company which includes disabled actors, presents **Where the Sidewalk Ends,** an original play set in a playground, based on poetry by Shel Silverstein. 8 PM, Bldg. 312, $2 adult/$1 children & seniors or PAS voucher. Wheelchair accessible.

The Crucible, 8 PM (see 7/1)

The Barbeque, 8:30 PM (see 7/1)

7 Saturday

All Day Advanced Jitterbug Workshop with Oz Koosed. Review of more complicated steps with emphasis on style. 11–5 PM, Bldg. 312, $7 advance, $10 at door. 661-5425.

Fred Frith Solo Guitar Concert. The internationally known avant garde guitarist will perform with several modified guitars, using many unorthodox techniques. 8 PM, Bldg. 312, $3 or PAS voucher. 527-5218.

The Crucible, 8 PM (see 7/1)

The Barbeque, 8:30 PM (see 7/1)

8 Sunday

The Cornucopia Revue. Cornucopia, a new music ensemble, pays tribute to Eric Dolphy, offers 50's show tunes and other contemporary entertainment. 2 PM, Marina Music Hall, Bldg. 314, $2 or PAS voucher.

Plowshares Coffeehouse: The **Iron Mountain String Band** performs Appalachian string band music. Coffee, pastries and other refreshments served. 7:30 PM, Bldg. 312, $2.50 or PAS voucher. 441-8910.

The Crucible, 8 PM (see 7/1)

The Barbeque, 8:30 PM (see 7/1)

10 Tuesday

SFMMA Rental Gallery exhibits brilliant narrative paintings by **Irene Dogmatic** and paintings of the Himalayas by **David Maxim.** Tues.–Sat., 12–6 PM, Bldg. 308. 441-4777.

11 Wednesday

Herbs to Eat and Use in the Wild. Talk presented by Women in the Wilderness. 7:30 PM, free. 775-7862.

Perception Gallery: Paintings by **Elizabeth Cleveland,** through 8/5. Wed.–Sat. 11–4:30 PM, Sun. 12–4:30 PM, Bldg. 312. 776-0347.

Adventure Playgrounds for the Handicapped. Slide and film presentation of play settings for handicapped children, sponsored by American Adventure Play Association. 7:30 PM, Bldg. 312, free. 673-9949.

outdoor festivals

Pickle Family Circus. Noon and 3 PM, July 1–4, Pier 2. Free.

Festival By the Bay. All Day, July 7–8, Victorian Park and Aquatic Park. Free.

Tahiti Fete '79. All Day, July 7–8, Pier 2. $2.00.

(For more information on the above, see feature article.)

12 Thursday

Dollars for Solar – Tax Credit and How to Get Them. Bay Area Energy Action Inc. sponsors talk by John Holland. 7:30–9:30 PM, Bldg. 312, $1. 673-6786.

Storyspace Summertime Surprise Night. Parents and children of all ages are welcome to this evening of tales, tunes and drama. Sponsored by Friends of the S.F. Public Library, Books for Youth and Fort Mason Foundation. 7:30–9:30 PM, Bldg. 312, free. 558-3770.

Nutrition and Preventative Back Care. Dr. Richard Latimer, chiropractor, and Sylvia Aja, certified masseuse, present lecture on back care. 7:30–9:30 PM, Bldg. 310, free. 556-2238.

13 Friday

New Music for the Violin, Viola and Electric Violin. Steve Nachmanovitch presents a highly stylized form of improvisation through the range of string instruments. His musical ventures are based in the traditions of Bach, jazz, India and ancient Greece. 8 PM, Marina Music Hall, Bldg. 314, $3 or PAS voucher. 441-5705.

The Crucible, 8 PM (see 7/1)

14 Saturday

Perception Gallery: **Opening Celebration**–Elizabeth Cleveland's paintings. 5–8 PM, Bldg. 312, 457-9396.

Salon for the New Music Community. A gathering of those interested in new and experimental music, with music and food. Sponsored by EAR newspaper. 8–11 PM, Bldg. 310, free.

The Crucible, 8 PM (see 7/1)

15 Sunday

Lymphatic Massage and Health Seminar with Gerald Cohen. Covers massage, nutrition, exercise and theory. 10 AM–6 PM, Bldg. 312, $25. 386-7065.

Plowshares Coffeehouse: **An Evening with Woody Guthrie.** Celebrate Woody's birthday with *Lenny Anderson* and friends. A night of words and music from the Dust Bowl Bard. 7:30 PM (see 7/8)

Fort Mason Foundation presents another free Sunday concert for seniors. **Chuck Hamilton's** rousing 9-piece band plays the best of Tommy Dorsey, Benny Goodman and others. Health and seniors' service organizations will be present for information. Refreshments will be served, and free transportation will be provided for groups and individuals. Special thanks to Wells Fargo and the Musician's Local No. 6. 2 PM, Bldg. 312, free. 441-5705. (Wheelchair accessible.)

Jazz Piano Series: **The Blues Piano. Mark Naftalin,** noted local musician, plays and sings rhythm and blues, standards and improvisations. 8 PM (see 7/1)

The Crucible, 8 PM (see 7/1)

17 Tuesday

Performing Industry Contracts. Bay Area Lawyers for the Arts (BALA) sponsors seminar on managerial, personal and talent agency agreements. 7–9:30 PM, Bldg. 310, $5, 10% discount to members. 775-7200.

Benefit to Save the Stanislaus River. Friends of the River presents slides on Yugoslavia's Tara River, Africa's Omo and Blue Nile, California's Tuolomne, etc. 7:30–10:30 PM, Bldg. 312, $2. 771-0400.

18 Wednesday

Storyspace Summertime Surprise Night. 7:30 PM (see 7/12)

20 Friday

The Northbrae Trio performs horn trios by Brahms and Lennox Berkeley. 8 PM, Marina Music Hall, Bldg. 314, $3 or PAS voucher. 527-1800.

Hal Hughes and **Ron Heglin** present new and improvised music for trumpet, trombone, voice and newly designed windblown instruments. 8:30 PM, Bldg. 312, free. 843-2432.

The Crucible, 8 PM (see 7/1)

21 Saturday

Homeopathy: Scientific Natural Health Practice. Dana Ullman, health educator and homeopath, introduces principles and practical applications of homeopathy. 10 AM–4:30 PM, Bldg. 312, $18–$25. 548-4788.

Perception Gallery: **Exploring With Clay Workshop** by Elizabeth Cleaveland. 1–4 PM, Bldg. 312, free. 457-9396.

Open Workshop/Improvisational Theatre with Sue Walden. Exploration of games, exercises, and performance pieces. No experience or registration required. 1–4 PM, Bldg. 312, $3. 441-4384.

Jazz Piano Series: **The Harlem Stride Piano. Mike Lipskin** delivers the best of Fats Waller, Duke Ellington and others. 8 PM (see 7/1)

The Crucible, 8 PM (see 7/1)

22 Sunday

Touch for Health for Beginners. Sylvia Aja, certified instructor, outlines complete balancing of energy. Bring food to share and blanket. Wear loose clothing. Pre-reg. recommended. 10 AM–6 PM, Bldg. 310, $25. 566-2238.

Plowshares Coffeehouse: **Frankie Armstrong,** Britain's noted traditional singer, will make an appearance with special guest **Jan Hammarlund.** 7:30 PM, Bldg. 312, $2.50 or PAS voucher. 441-8910.

The Crucible, 8 PM (see 7/1)

24 Tuesday

National Wild and Scenic River System/Tuolomne River. Friends of the River sponsors discussion on the Tuolomne's nomination to the federal Wild and Scenic River System. 7:30 PM, Bldg. 312, free. 771-0400.

Media Alliance general meeting. 7:30 PM, Bldg. 310, 441-2557.

25 Wednesday

Magic Theatre presents **"Suicide in B-flat,"** a West Coast premiere written by Sam Shepard and directed by Robert Woodruff. A wild metaphysical who-done-it in which characters change forms as easily as a jazz combo improvises. Previews 7/25–7/28. 8:30 PM, Bldg. 314, $4. 885-9928.

26 Thursday

Bookings, How to Get Them. Music By the Bay sponsors seminar with Danny Scher of Bill Graham Presents, David Allen of Boarding House and Michelle Bourgeois of Savoy Music Agency. 7–10 PM, Bldg. 312, $5. 474-5600.

Storyspace Summertime Surprise Night. 7:30 PM (see 7/12)

An Evening with Golda Meir. Written by Shoshanna Feld, directed by Robert Elross. Anita Jodelson portrays the leader of Israel during the Middle East crisis in this powerful one-woman show. 8 PM, Marina Music Hall, Bldg. 314, $3.50/$3 seniors & students or PAS voucher. 387-0954.

DROP IN

If you're in our area, come by and visit us.

S.F.M.O.M.A. Rental Gallery, Bldg. 308, 12–6 PM, Tues. thru Sat.

Perception Gallery, Bldg. 312, 11 AM–4:30 PM, Wed. thru Sun.

Environmental Action Clearinghouse, Bldg. 312, 10 AM–4 PM, Mon. thru Wed., 12–8 PM, Thurs. . . . for information on environmental issues, groups and their activities in the Bay Area.

Meristem, Bldg. 322, 7:30–8:30 AM and 5:30–7:30 PM, Mon. thru Fri.; 10:30–11:30 AM, Sat. and Sun. for observation and participation in aikido.

Fort Mason Foundation office, Bldg. 308, 10 AM–5 PM, Mon. thru Fri. . . . for information.

"**Suicide in B-flat**" Preview. 8:30 PM. (see 7/25)

27 Friday

The Crucible, 8 PM (see 7/1)

Suicide in B-flat Preview. 8:30 PM. (see 7/25)

An Evening with Golda Meir. 8 PM. (see 7/26)

28 Saturday

Fat Liberation Workshop with Alan Dolit. Lose weight through self-awareness and behavior modification. Bring food you love to eat. 10 AM–4 PM, Bldg. 312, $18. 654-4400.

The **One Act Theatre Company** of San Francisco presents **The Storyteller,** a dramatization of 4 folk tales from Africa, Japan, the Eskimo and the U.S. Conceived by Ellen Ernest and directed by Peter Tripp, the play is performed by a multi-racial cast of Bay Area actors. 12 noon, Bldg. 310, $1 or PAS voucher. 421-6162.

Seminar for Independent Publishers. Leon Seltzer talks on the 1968 Copyright Law. Sponsored by BALA. 9 AM–5 PM, Bldg. 312, $25. 383-8119.

Fund for Animals Open House. Cleveland Amory, author of *Mankind–Our Incredible War on Wildlife*, will be on hand for the opening of new office. Refreshments available. 7:30–10 PM, Bldg. 310, free. 221-1011.

The Crucible, 8 PM (see 7/1)

Suicide in B-flat Preview. 8:30 PM. (see 7/25)

An Evening with Golda Meir. 8 PM. (see 7/26)

29 Sunday

Plowshares Coffeehouse: **Klezmorim** provides festive music fit for a Jewish country wedding. 7:30 PM (see 7/8)

The Crucible, 8 PM (see 7/1)

Suicide in B-flat Preview. 8:30 PM. (see 7/25)

An Evening with Golda Meir. 8 PM. (see 7/26)

Classes and workshops

Visual Arts & Media

Fort Mason Community College Art Center offers ongoing classes, including drawing, painting, sculpture, printmaking, ceramics, batik and weaving for adults 18 years and over. Bldg. 310, free to S.F. residents. 776-8247.

The S.F. Children's Art Center continues summer sessions. Painting, drawing, sculpture and printing classes accompanied by field trips; for children ages 2–10 through 7/21; 2nd session starts 7/31. Tues.–Sat., Bldg. 312. 771-0292 for more information.

Radio Production Workshops. Western Public Radio. Call Leo Lee or Susan Horwitz for information. 771-1160.

Self-Image/Self-portrait. THROUGH THE FLOWER presents class on feminist art and art history. Self-discovery through exploring women's art. Slides, consciousness-raising and journals will be used. Mon. 7–10 PM, Bldg. 312, $24. 863-9713. (7/16–8/6)

Dance, Theatre & Music

International Folk Dance. Shira Ozarchuk. Israeli, Balkan and other dances for beginners and intermediates. Tues., 5:45–6:45 PM, Bldg. 312, $20 for 8 wks/$15 Y-members. 885-0460. (7/3–)

Ballroom Dance. Ernie Haeusslein's popular class for beginners through advanced plus an hour of social dancing. Tues. 7–10 PM. Bldg. 312, $16 single/$27 couple or $13 single /$22 couple Y-members. 885-0460. (7/24–9/11)

Tap Dance. Donald Weissmuller. Time steps, rhythms, riffs, routines. Thurs. Beg. 6:30–7:30 PM, Adv. 7:30–8:30 PM, Bldg. 312, $22/$17 Y-members. 885-0460. (7/12–8/16)

1950's Jitterbug. Oz Koosed & Etta Hallock. Bop through the basic steps and learn intricate variations like the "Pretzel." Tues., 8:30–10:30 PM, Bldg. 312, $15/$12 in advance. 661-5425 for more information. (7/10–7/31)

Jazzercise: Unique approach to take off unwanted inches using joyful jazz movements. Mon. & Wed., 6–7 PM, Tues. & Thurs., 10–11 AM, Bldg. 312, $15/mo. 568-5315. (7/2–7/30)

Dance technique of Isadora Duncan. The Dionysian Duncan Dancers. Beginning class for adults. Mon. & Wed., 3–4:30 PM, Bldg. 312, $3.75 per class. 346-1530. (7/2–7/30)

Disco Jazz Dance. Ann Barrett. All popular partner and individual steps emphasizing personal style. Fri., Beg. 6–7:30 PM, Int. 7:30–8:30 PM, Bldg. 312, $22/$17 Y-members. 885-0460. (7/20–8/24)

Improvisational Theatre Techniques Workshop with Sue Walden. No experience necessary. 8–10:30 PM. Bldg. 312. $40/$35 in advance. 441-4384. (7/23–8/27)

Body Fitness

Aikido Practice: The Meristem Academy, in residence at Fort Mason Center, welcomes visitors to observe their daily aikido practice. Visitors may explore with students some essential movements & principles of this unique body/mind art. Daily Practice Hours: Mon.–Fri.: 7:30–8:30 AM & 5:30–7:30 PM; Sat.–Sun.: 10:30–11:30 AM, Bldg. 322. Free to observers.

Dance/Exercises. Simple, vigorous routines choreographed to music. Mon. 6:30–7:30 PM, Sat. 10–1 AM, Bldg. 312, $16/$12 Y-members, 885-0460. (7/16–8/25)

Wholistic Fitness. Rene Biba. Aerobic workout, strengthening & flexibility exercises, relaxation techniques. Learn to protect your lower back. Mon. & Wed., 10–11 AM, Bldg. 312, $18/$3 per class. 665-0890 (7/2–7/30)

Aerobic Conditioning with Mary Fischer. Comprehensive fitness program incorporating yoga, dance, and calisthenics set to music. Tues. & Thurs. 6–7:30 PM, Bldg. 312, $24/$4 each session. 775-8229. (7/10–8/2)

Health

Mother's Dance/Exercise and Gretchen Phillips. Combines dance, exercise and relaxation based on techniques of Lamaze, Alexander and Chertok. For the expectant or newly delivered mother. Mon., Wed., Fri., 10 AM–Noon. Bldg. 312, $25. 885-0460. (7/2–)

Y's Way to a Healthy Back. Relieve back pain through relaxation, flexibility and exercises. Mon. & Thurs., 5:30–6:30 PM, Bldg. 312, $35. 885-0460. (7/23–8/30)

Quit Smoking. Health Center #2 of the S.F. Dept. of Health offers the behavior modification approach to stop smoking. Unlearn your smoking habit! Pre-reg. required. Thurs., 7–9 PM, Bldg. 312, $8. 558-3256. (7/5–8/30)

Stress Management. Health Center #2 of the S.F. Dept. of Health presents relaxation techniques and new ways of coping. Pre-reg. required. Wed., 9:30–11 AM, Bldg. 312, $2. 558-3256. (7/11–8/29)

Recreation & Martial Arts

Tai Chi Chuan. Sifu Fong Ha. Complete classical forms with emphasis on meditative aspects. Tues. & Thurs. 7:30 PM, Bldg. 312, $35/month. 524-4718. (7/3–7/26)

Miscellaneous Classes

How to Buy Your Own Home. Ben Herman gives practical, thorough information on buying a home or income property. Mon., 7–9 PM, Bldg. 312, $27/$22 Y-members. 885-0460. (7/11–)

Movement for Models. Gretchen Phillips gives individualized instruction to prepare the model for photographic and ramp work. Wed., 8–9:30 PM, Bldg. 312, $25. 885-0460. (7/11–)

Frankie Armstrong at Plowshares. *(See 7/22)*

Storyspace Summertime Surprise Night. (See 7/12)

Klezmorim at Plowshares. *(See 7/29) Photo: Cornelia Bryer.*